

AFRH - G / MASTER MENUS / F-1a, MAY 2015 / CYCLE TWO - DIET LINE / WEEK OF 09 / 07 / 2015

Items with DL before the menu name indicates this item has been modified to be lower in calories, fats and/or sodium than the regular line items. The Diet Line is designed to promote healthier eating and can be used to adhere to most modified diets. Residents who require a therapeutic diet are advised to make an appointment with the Registered Dietitian for a one-on-one consultation.

	BREAKFAST	LUNCH	DINNER
M O N Sep 7th	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs/DL Turkey Bacon French Toast w/No Sugar Syrup Biscuits / DL Biscuit Gravy	DL Vegetable Soup DL Chicken w/ Fennel & White Beans Steamed Brown Rice DL Spinach DL Squash / Wheat Rolls	DL Vegetable Soup DL Pork Loin w/DL Pork Gravy DL Baked Sweet Potato DL Zucchini DL Succotash / Wheat Rolls
T U E S Sep 8th	DL Oatmeal / DL Cream of Wheat DL Scrambled Egg Beaters Hard Boiled Eggs DL Turkey Sausage Patties DL Lyonnaise Potatoes Biscuits / DL Biscuit Gravy	DL Corn Chowder DL Veggie Cutlet w/DL Tom Basil Sauce DL Mashed Potatoes w/DL Gravy DL Carrots DL Harvard Beets Wheat Rolls	DL Corn Chowder Baked Fish w/DL Creole Sauce DL Steamed Brown Rice DL Green Bean Almandine DL Pacific Rim Blended Vegetables Wheat Rolls
W E D Sep 9th	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs LF / LS Grilled Ham Biscuits / DL Biscuit Gravy	DL Turkey, Spinach & Lentil Soup DL Pizza / DL Hot Rachel Sandwich DL Baked Tater Tots DL Tuscan Vegetable Medley Salad DL Rst Fsh Asparagus / Wheat Rolls	DL Turkey, Spinach & Lentil Soup DL Canadian Bacon DL Scrambled Egg Beaters DL Hash Browns / DL SOS Waffles w/SF Syrup / Biscuits
T H U Sep 10th	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boil Eggs/DL Turkey Sausage Pancakes w/No Sugar Syrup Biscuits / DL Biscuit Gravy	DL Summer Minestrone Soup DL Pork Loin w/DL Pork Gravy DL Black-Eyed Peas & Brown Rice DL Turnip Greens / DL Rutabagas Wheat Rolls / Cornbread	DL Summer Minestrone Soup DL Teriyaki Chicken DL Steamed Brown Asian Style Rice DL Strawberry Spinach Salad w/Orange Dressing DL Broccoli Florets/ Wheat Rolls
F R I Sep 11st	DL Oatmeal / DL Cream of Wheat DL Scrambled Egg Beaters Hard Boiled Eggs DL Creamed Ground Beef Biscuits / DL Biscuit Gravy	DL Zesty Italian Soup DL Oven Fried & Baked Fish DL Rosemary Roasted Red Potatoes DL Whole Kernel Corn/ Corn on Cob DL Caesar Salad / Wheat Rolls	DL Zesty Italian Soup DL Grilled Chopped Turkey Steak DL Baked Potato Logs DL Okra & Tomatoes DL Cabbage / Cornbread / Wheat Rolls
S A T Sep 12th	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs DL Turkey Bacon DL O'Brian Potatoes Biscuits / DL Biscuit Gravy	DL Cabbage Soup DL BBQ Baby Back Ribs DL Potato Salad DL Whole Green Beans DL Coleslaw Wheat Rolls	DL Cabbage Soup DL Pot Roast w/DL Gravy DL Brown Rice DL Baby Carrots DL Green Peas w/Pearl Onions Wheat Rolls
S U N Sep 13th	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boil Eggs/LF/LS Grilled Ham Waffles w/No Sugar Syrup Biscuits / DL Biscuit Gravy	DL Cauliflower & Mushroom Soup DL Roasted Turkey w/DL Turkey Gravy DL Cornbread Dressing DL Mashed Potatoes / DL Cauliflower DL Squash / Wheat Rolls	DL Cauliflower & Mushroom Soup DL Shepard's Pie w/Mashed Potatoes DL Shrimp w/Grits DL Roasted Brussels Sprouts DL Baked Tomatoes / Wheat Rolls

STANDARD BREAKFAST MENU ITEMS

Bagels, English Muffins, Jelly, SF Jelly, Syrup, SF Syrup, Prunes, Bananas, Whole Fresh Fruit,
Cut Fresh Fruit, Grapefruit Sections, Applesauce, Raisins, Brown Sugar, Cinnamon Shake

STANDARD MENU ITEMS ALL MEALS

Assorted Breads, Assorted Dry Cereals, Assorted Juices, Assorted Milk, Assorted Beverages, Coffee, Decaf Coffee,
Iced Tea - w/Sugar & No Sugar, Hot Tea Bags, Butter, Margarine, Sugar, Sugar Substitute, Salt, Pepper, Assorted Condiments

STANDARD SALAD BAR ITEMS FOR LUNCH & DINNER

Available Every Day - Mixed Salad Greens, Cherry Tomatoes, Sliced Cucumbers, Sliced Red Onions, Matchstick Carrots,
Sliced Green Peppers, Bread & Butter Pickles, Whole Green Olives, Sliced Black Olives, Coleslaw, Tuna Fish, Boiled Eggs,
Cottage Cheese, Shredded Cheese, Bacon Bits / Variables - Sliced, Diced or Whole Beets, Jalapeno or Banana Peppers,
Broccoli or Cauliflower Florets, Green Peas or Edamames, Green Onions or Celery Sticks, Avocados or Baby Corns,
Chopped Nuts, Dried Cranberries or Raisins, Sunflower Seeds or Bleu Cheese Crumbles - Salmon Monday, Wednesday, Friday

STANDARD SALAD DRESSINGS

Ranch, Blue Cheese, Thousand Island, Fat Free Ranch, Italian & Catalina French, Balsamic Vinegar, Red/White Vinegar, Olive Oil

SALADS / GELATINS

Beet & Onion Salad / Strawberry
Greek Salad / Orange
Pear & Cheddar Salad / Cherry
Macaroni Salad / Lemon
German Tomato Salad / Raspberry
Fruit Salad / Lime
Carrot & Raisin Salad / Watermelon

DAILY SALAD BAR ROTATION

Monday
Tuesday
Wednesday
Thursday
Friday
Saturday
Sunday

FRUITS

Sliced Peaches / Mandarin Oranges
Sliced Peaches / Tropical Fruit Cocktail
Sliced Peaches / Pineapple Chunks
Sliced Peaches / Apricot Halves
Sliced Peaches / Fruit Cocktail
Sliced Peaches / Pineapple Slices
Sliced Peaches / Pear Halves